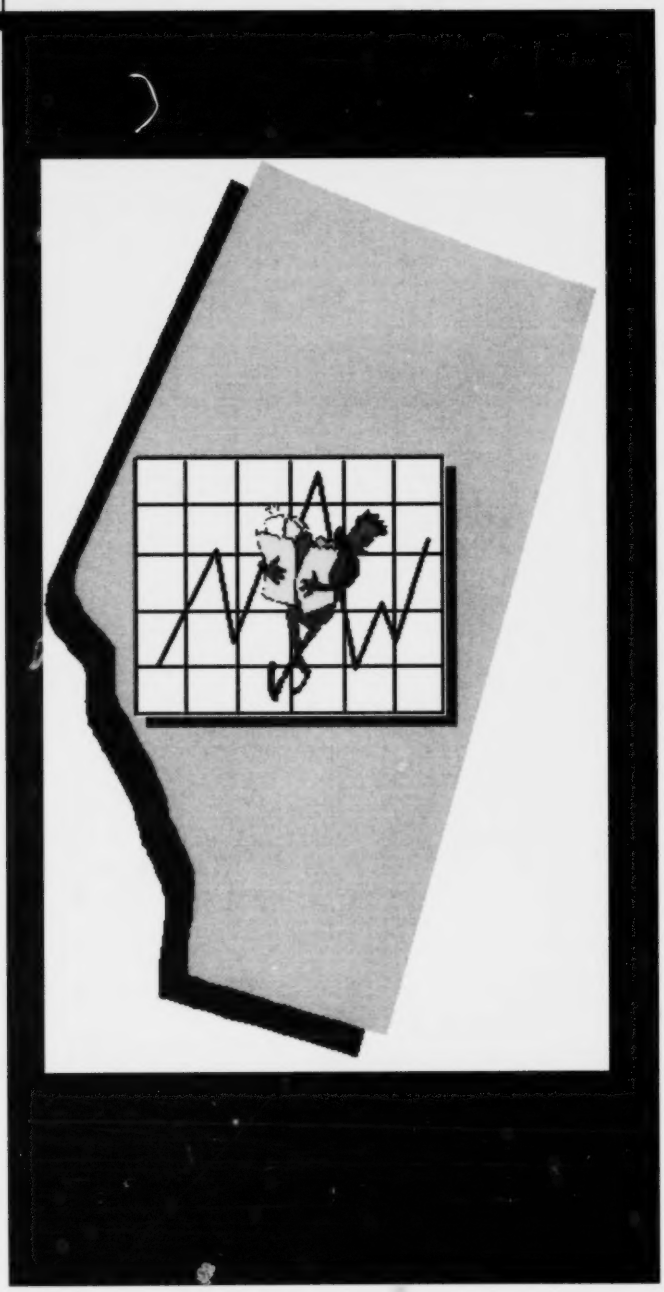
Alberta Retail Food Prices

Selected Communities
November 2008



Alberta

Alberta Retail Food Prices – November 2008

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Introduction and Methodology

Alberta Retail Food Prices – November 2008

Objective of the Survey

The purpose of the survey is two-fold:

a) ***In the agri-food sector:*** To establish a historical series of benchmark retail food prices for several communities across Alberta similar to the Edmonton data series that has been in existence since the early 1970's. The survey provides accurate and reliable regional data on food prices, and total food costs, for use in business analysis and planning.

b) ***In the health care services sector:*** To provide data for use in programs involving food security issues, including prenatal nutrition, special nutrition needs such as diabetes, general nutrition education and policy, planning and advocacy.

Data Collection

By partnering with several regional health representatives of Alberta Health Services, Alberta Agriculture and Rural Development has been able to collect data in more than 90 communities across Alberta since the survey began, in early 1996. The number of participating communities changes in each survey, with new communities being priced each year.

Regional health representatives of Alberta Health Services, all of whom are either registered dieticians or nutritionists, are responsible for collecting the prices at the retail grocery outlets in their communities. Those who are unable to collect the data themselves, utilize the services of trained volunteers and student interns to do the data collection. Due to this arrangement, the survey is very economical, and costs very little to the Alberta taxpayer.

Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Accordingly, the prices shown in this report represent weighted averages of several retail stores, gathered in the same week. Further, information from communities with less than three retail grocery stores are combined with other communities within the same health area, or geographic location or suppressed completely. It is assumed that the number of retail grocery outlets in a community is a reliable indicator of consumer demand and, therefore, an adequate proxy for human population. The retail food prices shown are averages for each of the participating Alberta communities for a specific week, and cannot be directly related to individual store prices in any community.

Data for the following communities were combined by Alberta Health Services health area boundaries for the November 2008 survey:

-Barrhead/Westlock

-Carstairs/Crossfield/Didsbury

-Rocky Mountain House/Stettler

Comparisons

Survey results from the previous survey (June 2008) and the survey conducted a year prior (November 2007) have been included where available, for use in comparing retail food prices within the same community over time.

Caution should be exercised when comparing retail food prices between different communities. Grocery stores are often competitive with their "in-house" and generic brands and not necessarily with national brands. Since it is necessary to have standardized pricing to achieve the benchmarks, national brands were chosen in order to ensure uniformity in quality and availability.

Choosing the Basket of Food Items

To obtain a benchmark pricing standard, specific national brands and sizes must be chosen for the list of food items priced. This is essential to ensure that differences in food costs are real, and not due to inconsistencies in quality found between different brands. The price survey form is very detailed with respect to the specifications for each food item in order to avoid inconsistencies due to brand and size selection and substitution rules.

In 2004, a review of the survey was undertaken to ensure that the latest information available from Health Canada's *Food Guide to Healthy Eating* and Statistics Canada's *Family Food Expenditure Survey* was reflected in the basket of food items priced. The updated basket was more realistic in terms of balance between variety and nutritional value.

The 2008 National Nutritious Food Basket recently released by Health Canada, incorporates the latest dietary guidance (as contained in Eating Well with Canada's Food Guide and the Dietary Reference Intake reports) and reflects the most current food consumption data from the Canadian Community Health Survey Cycle 2.2, Nutrition 2004. As a result, the basket of food items priced for the Alberta Retail Food Prices survey is currently being updated to reflect this latest information.

Acknowledgments
Assistance from regional health representatives of Alberta Health Services is gratefully acknowledged.

For More Information
For further information on retail food prices in Alberta, please contact:

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Prepared by M. C. Wenger Consulting for Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Unit.

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Average Retail Food Prices for Airdrie, Alberta - Week of November 24 to 28, 2008

Food Items by Category	June 26, 2008	November 27, 2008
Dairy Products		
Milk, 1% partly skimmed, 2 litres	2.25	2.29
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.76	2.29
Cheddar Cheese, medium, 100 g	1.50	1.59
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.51	1.37
Processed Cheese, 500 g	4.96	5.06
Ice Cream, 4 litres	4.84	5.10
Eggs		
Eggs, grade A large, dozen	2.10	2.23
Beef		
Sirloin Steak, boneless, lb.	6.14	5.92
Round Steak, boneless, lb.	4.25	4.59
Standing Rib Roast, bone-in, lb.	7.11	8.20
Blade Roast, boneless, lb.	3.59	4.12
Stewing Beef, boneless, lb.	4.21	3.90
Ground Beef, lean, lb.	2.56	2.71
Pork & Processed Meats		
Pork Shoulder Butt Roast, boneless, lb.	3.05	4.14
Pork Loin Centre Cut Chops, bone-in, lb.	3.73	4.19
Pork Sausage, fresh, lb.	2.84	2.99
Bacon, 500 g	4.98	3.30
Wieners, regular, 450 g	2.42	2.30
Poultry		
Chicken, grade A, whole fryers, lb.	2.68	2.54
Chicken Thighs, lb.	2.87	2.73
Chicken Drumsticks, lb.	2.96	2.89
Chicken Breasts, boneless, skinless, lb.	6.68	6.90
Chicken Wings, lb.	3.50	4.06
Fish		
Canned Salmon, sockeye, 213 g	3.00	3.53
Canned Tuna, flaked or chunk, in water, 170 g	1.10	1.63
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	4.70	4.70
Baked Beans, 398 ml	1.14	1.20
Cereal and Bakery Products		
Bread, 60% whole wheat or white, 570 g	2.01	2.76
Flour, all purpose, whole wheat or white, 5 kg	9.32	9.04
Dry Pasta, macaroni or spaghetti, enriched, 900 g	3.02	3.08
Rice, converted, natural long grain, 900 g	4.92	4.79
Dry Cereal, bran flakes, 475 g	2.89	3.99
Cookies, oatmeal, 350 g	3.45	3.40
Soda Crackers, whole wheat or 5 grain, 450 g	3.02	2.93

Average Retail Food Prices for Airdrie, Alberta - Week of November 24 to 28, 2008

Food Items by Category		June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes			
Oranges, medium, lb.		1.18	1.36
Orange Juice, frozen, 355 ml		1.78	1.79
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	3.29	2.96
Tomatoes, medium, lb.		1.78	2.31
Canned Tomatoes, 540 ml		1.84	1.78
Tomato Juice, (deposit included), 1.36 litre		1.97	1.74
Other Fruits			
Apples, lb.		1.38	1.28
Bananas, lb.		0.62	0.67
Applesauce, unsweetened, 625 ml		2.87	2.87
Potatoes			
Potatoes, white or red, 10 lbs.		5.36	5.18
Other Vegetables			
Broccoli, lb.		1.45	2.41
Cabbage, lb.		0.80	0.62
Carrots, lb.		0.92	0.75
Lettuce, head, lb.		0.75	1.10
Onions, lb.		0.65	0.63
Soup, vegetable, 284 ml		0.86	0.81
Infant Food, carrots, 128 ml		0.58	0.57
Canned Vegetables, corn, 341 ml		1.48	1.12
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	3.31	2.94
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g		4.00	4.54
Shortening, 454 g		2.55	2.49
Oil, canola, 946 ml		4.12	4.73
Salad Dressing, calorie reduced, 475 ml		2.34	3.34
Butter, parchment, 454 g		3.63	3.80
Sugar & Other Sweets			
Sugar, 4 kg		4.68	4.70
Jam, pure, strawberry, 500 ml		3.58	3.25
Honey, creamed, pasteurized, 500 g		4.31	5.28
Beverages			
Tea, 72 bags		4.72	4.84
Coffee, 326 - 350 g		4.00	5.08
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.93	1.84

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Barrhead/Westlock, Alberta - Week of November 24 to 28, 2008

Food Items by Category	June 26, 2008	November 27, 2008
Dairy Products		
Milk, 1% partly skimmed, 2 litres	2.89	3.01
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.75	2.93
Cheddar Cheese, medium, 100 g	1.56	1.53
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.49	1.48
Processed Cheese, 500 g	5.80	5.51
Ice Cream, 4 litres	6.39	6.90
Eggs		
Eggs, grade A large, dozen	2.57	2.66
Beef		
Sirloin Steak, boneless, lb.	4.84	4.87
Round Steak, boneless, lb.	4.68	4.39
Standing Rib Roast, bone-in, lb.	7.73	8.79
Blade Roast, boneless, lb.	3.96	4.63
Stewing Beef, boneless, lb.	3.76	3.91
Ground Beef, lean, lb.	2.37	2.96
Pork & Processed Meats		
Pork Shoulder Butt Roast, boneless, lb.	3.45	3.35
Pork Loin Centre Cut Chops, bone-in, lb.	4.19	5.14
Pork Sausage, fresh, lb.	2.83	2.95
Bacon, 500 g	3.74	4.34
Wieners, regular, 450 g	2.14	2.74
Poultry		
Chicken, grade A, whole fryers, lb.	2.63	3.09
Chicken Thighs, lb.	3.29	2.70
Chicken Drumsticks, lb.	2.96	2.88
Chicken Breasts, boneless, skinless, lb.	5.73	7.02
Chicken Wings, lb.	3.85	3.29
Fish		
Canned Salmon, sockeye, 213 g	3.94	4.31
Canned Tuna, flaked or chunk, in water, 170 g	1.86	2.14
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	5.23	4.00
Baked Beans, 398 ml	1.11	1.23
Cereal and Bakery Products		
Bread, 60% whole wheat or white, 570 g	1.83	1.62
Flour, all purpose, whole wheat or white, 5 kg	9.45	9.53
Dry Pasta, macaroni or spaghetti, enriched, 900 g	3.38	3.13
Rice, converted, natural long grain, 900 g	5.01	5.39
Dry Cereal, bran flakes, 475 g	4.54	5.09
Cookies, oatmeal, 350 g	4.03	3.67
Soda Crackers, whole wheat or 5 grain, 500 g	3.38	3.52

Average Retail Food Prices for Barrhead/Westlock, Alberta - Week of November 24 to 28, 2008

Food Items by Category		June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes			
Oranges, medium, lb.		1.26	1.76
Orange Juice, frozen, 355 ml		1.96	2.11
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	3.03	3.28
Tomatoes, medium, lb.		2.02	2.53
Canned Tomatoes, 540 ml		1.83	2.19
Tomato Juice, 1.36 litre (deposit included)		2.42	2.55
Other Fruits			
Apples, lb.		1.60	1.81
Bananas, lb.		0.68	0.83
Applesauce, unsweetened, 625 ml		3.01	3.00
Potatoes			
Potatoes, white or red, 10 lbs.		4.30	4.98
Other Vegetables			
Broccoli, lb.		1.83	2.24
Cabbage, lb.		0.88	0.61
Carrots, lb.		0.96	0.92
Lettuce, head, lb.		1.09	1.83
Onions, lb.		1.04	0.88
Soup, vegetable, 284 ml		1.04	0.84
Infant Food, carrots, 128 ml		0.77	0.73
Canned Vegetables, corn, 341 ml		1.45	1.14
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	4.13	3.75
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g		5.13	5.34
Shortening, 454 g		2.74	2.83
Oil, canola, 946 ml		4.82	4.52
Salad Dressing, calorie reduced, 475 ml		2.74	3.76
Butter, parchment, 454 g		4.09	3.97
Sugar & Other Sweets			
Sugar, 4 kg		5.49	5.49
Jam, pure, strawberry, 500 ml		3.59	4.04
Honey, creamed, pasteurized, 500 g		4.68	5.41
Beverages			
Tea, 72 bags		4.80	5.11
Coffee, 326 - 350 g		4.66	5.24
Soft Drinks, 2 litre (GST, deposit & recycling fee included)		2.10	1.92

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Calgary, Alberta - Week of November 24 to 28, 2008

Food Items by Category	November 8, 2007	June 26, 2008	November 27, 2008
Dairy Products			
Milk, 1% partly skimmed, 2 litres	2.43	2.59	2.65
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.37	2.74	2.62
Cheddar Cheese, medium, 100 g	1.78	1.70	1.65
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.70	1.61	1.91
Processed Cheese, 500 g	5.38	5.33	5.93
Ice Cream, 4 litres	5.52	4.81	5.68
Eggs			
Eggs, grade A large, dozen	2.09	2.20	2.18
Beef			
Sirloin Steak, boneless, lb.	5.53	5.93	6.77
Round Steak, boneless, lb.	4.07	4.63	4.91
Standing Rib Roast, bone-in, lb.	7.45	7.40	8.41
Blade Roast, boneless, lb.	3.46	4.15	4.86
Stewing Beef, boneless, lb.	3.39	3.83	4.05
Ground Beef, lean, lb.	2.51	2.53	2.99
Pork & Processed Meats			
Pork Shoulder Butt Roast, boneless, lb.	2.66	3.88	3.06
Pork Loin Centre Cut Chops, bone-in, lb.	3.77	4.62	4.02
Pork Sausage, fresh, lb.	3.13	3.21	3.61
Bacon, 500 g	4.13	4.71	4.36
Wieners, regular, 450 g	2.83	3.13	2.89
Poultry			
Chicken, grade A, whole fryers, lb.	2.94	2.89	3.39
Chicken Thighs, lb.	2.88	3.33	3.46
Chicken Drumsticks, lb.	2.68	3.05	3.15
Chicken Breasts, boneless, skinless, lb.	7.10	6.59	7.46
Chicken Wings, lb.	4.24	4.33	4.55
Fish			
Canned Salmon, sockeye, 213 g	4.32	3.75	4.24
Canned Tuna, flaked or chunk, in water, 170 g	1.75	1.90	1.88
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	4.52	4.76	5.17
Baked Beans, 398 ml	1.29	0.93	1.38
Cereal and Bakery Products			
Bread, 60% whole wheat or white, 570 g	1.44	1.90	2.31
Flour, all purpose, whole wheat or white, 5 kg	7.53	9.24	8.69
Dry Pasta, macaroni or spaghetti, enriched, 900 g	2.71	2.75	2.68
Rice, converted, natural long grain, 900 g	4.36	5.08	4.76
Dry Cereal, bran flakes, 475 g	4.28	3.79	3.99
Cookies, oatmeal, 350 g	3.59	3.81	3.70
Soda Crackers, whole wheat or 5 grain, 450 g	3.06	3.31	3.14

Average Retail Food Prices for Calgary, Alberta - Week of November 24 to 28, 2008

Food Items by Category		November 8, 2007	June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes				
Oranges, medium, lb.		1.20	1.54	1.64
Orange Juice, frozen, 355 ml		1.99	1.88	1.78
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	1.94	3.05	3.15
Tomatoes, medium, lb.		1.66	1.99	2.74
Canned Tomatoes, 540 ml		1.96	1.93	2.04
Tomato Juice, (deposit included), 1.36 litre		2.24	2.11	1.95
Other Fruits				
Apples, lb.		1.35	1.65	1.44
Bananas, lb.		0.57	0.68	0.78
Applesauce, unsweetened, 625 ml		2.29	2.87	2.93
Potatoes				
Potatoes, white or red, 10 lbs.		4.69	6.48	7.16
Other Vegetables				
Broccoli, lb.		1.44	1.88	2.05
Cabbage, lb.		0.57	0.81	0.59
Carrots, lb.		0.67	0.84	0.76
Lettuce, head, lb.		1.07	0.92	1.35
Onions, lb.		0.54	0.68	0.82
Soup, vegetable, 284 ml		1.04	0.99	0.83
Infant Food, carrots, 128 ml		0.59	0.62	0.60
Canned Vegetables, corn, 341 ml		1.57	1.59	1.37
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	4.37	4.38	3.54
Fats & Oils				
Margarine, soft, canola, low in saturated fat, 907 g		4.69	5.20	4.98
Shortening, 454 g		2.57	2.69	2.76
Oil, canola, 946 ml		4.56	4.53	4.87
Salad Dressing, calorie reduced, 475 ml		3.32	2.82	3.29
Butter, parchment, 454 g		3.66	3.04	3.80
Sugar & Other Sweets				
Sugar, 4 kg		4.74	4.74	4.82
Jam, pure, strawberry, 500 ml		3.48	3.49	3.93
Honey, creamed, pasteurized, 500 g		4.39	5.23	5.43
Beverages				
Tea, 72 bags		5.23	5.20	5.16
Coffee, 326 - 350 g		5.24	5.17	5.18
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.84	2.03	1.73

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Carstairs/Crossfield/Didsbury, Alberta - Week of November 24 to 28, 2008

Food Items by Category	June 26, 2008	November 27, 2008
Dairy Products		
Milk, 1% partly skimmed, 2 litres	2.71	2.84
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.26	3.16
Cheddar Cheese, medium, 100 g	1.33	1.78
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.33	1.78
Processed Cheese, 500 g	6.59	5.59
Ice Cream, 4 litres	4.99	5.76
Eggs		
Eggs, grade A large, dozen	2.51	2.62
Beef		
Sirloin Steak, boneless, lb.	5.94	6.53
Round Steak, boneless, lb.	4.71	5.26
Standing Rib Roast, bone-in, lb.	7.32	8.26
Blade Roast, boneless, lb.	4.02	4.14
Stewing Beef, boneless, lb.	4.20	4.22
Ground Beef, lean, lb.	2.87	2.99
Pork & Processed Meats		
Pork Shoulder Butt Roast, boneless, lb.	4.12	2.99
Pork Loin Centre Cut Chops, bone-in, lb.	5.37	5.19
Pork Sausage, fresh, lb.	3.12	3.41
Bacon, 500 g	5.15	4.65
Wieners, regular, 450 g	3.56	3.25
Poultry		
Chicken, grade A, whole fryers, lb.	2.88	2.72
Chicken Thighs, lb.	3.02	2.72
Chicken Drumsticks, lb.	2.85	2.57
Chicken Breasts, boneless, skinless, lb.	7.63	6.93
Chicken Wings, lb.	4.01	3.82
Fish		
Canned Salmon, sockeye, 213 g	4.22	3.62
Canned Tuna, flaked or chunk, in water, 170 g	1.52	1.52
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	5.25	5.49
Baked Beans, 398 ml	0.95	1.29
Cereal and Bakery Products		
Bread, 60% whole wheat or white, 570 g	1.69	1.62
Flour, all purpose, whole wheat or white, 5 kg	11.32	9.65
Dry Pasta, macaroni or spaghetti, enriched, 900 g	3.52	3.42
Rice, converted, natural long grain, 900 g	5.42	5.52
Dry Cereal, bran flakes, 475 g	4.12	3.56
Cookies, oatmeal, 350 g	3.79	3.99
Soda Crackers, whole wheat or 5 grain, 450 g	3.59	3.32

Average Retail Food Prices for Carstairs/Crossfield/Didsbury, Alberta - Week of November 24 to 28, 2008

Food Items by Category		June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes			
Oranges, medium, lb.		1.46	1.82
Orange Juice, frozen, 355 ml		2.06	1.89
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	3.59	3.15
Tomatoes, medium, lb.		2.46	3.46
Canned Tomatoes, 540 ml		1.81	1.96
Tomato Juice, (deposit included), 1.36 litre		2.09	2.39
Other Fruits			
Apples, lb.		1.52	1.76
Bananas, lb.		0.76	0.79
Applesauce, unsweetened, 625 ml		2.76	2.79
Potatoes			
Potatoes, white or red, 10 lbs.		6.76	9.66
Other Vegetables			
Broccoli, lb.		1.75	2.49
Cabbage, lb.		0.90	0.62
Carrots, lb.		1.00	0.87
Lettuce, head, lb.		0.88	1.61
Onions, lb.		0.92	0.87
Soup, vegetable, 284 ml		0.91	0.99
Infant Food, carrots, 128 ml		0.61	0.63
Canned Vegetables, corn, 341 ml		1.52	1.59
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	3.89	3.76
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g		5.19	5.75
Shortening, 454 g		2.82	2.82
Oil, canola, 946 ml		4.75	4.72
Salad Dressing, calorie reduced, 475 ml		2.66	3.18
Butter, parchment, 454 g		4.02	3.40
Sugar & Other Sweets			
Sugar, 4 kg		5.59	5.59
Jam, pure, strawberry, 500 ml		3.95	4.32
Honey, creamed, pasteurized, 500 g		4.39	5.59
Beverages			
Tea, 72 bags		4.86	5.36
Coffee, 326 - 350 g		4.25	5.19
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		2.06	2.05

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Edmonton, Alberta - Week of November 24 to 28, 2008

Food Items by Category	November 8, 2007	June 26, 2008	November 27, 2008
Dairy Products			
Milk, 1% partly skimmed, 2 litres	2.36	2.53	2.66
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.23	2.68	2.39
Cheddar Cheese, medium, 100 g	1.63	1.41	1.41
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.46	1.46	1.40
Processed Cheese, 500 g	4.71	5.04	5.03
Ice Cream, 4 litres	5.49	4.99	5.76
Eggs			
Eggs, grade A large, dozen	2.11	2.19	2.28
Beef			
Sirloin Steak, boneless, lb.	5.54	5.54	6.21
Round Steak, boneless, lb.	4.39	4.22	4.52
Standing Rib Roast, bone-in, lb.	7.55	8.10	8.66
Blade Roast, boneless, lb.	3.95	4.00	4.64
Stewing Beef, boneless, lb.	3.29	3.97	4.03
Ground Beef, lean, lb.	2.65	3.00	3.17
Pork & Processed Meats			
Pork Shoulder Butt Roast, boneless, lb.	3.86	3.67	4.14
Pork Loin Centre Cut Chops, bone-in, lb.	4.22	4.04	4.22
Pork Sausage, fresh, lb.	3.41	3.17	3.22
Bacon, 500 g	3.63	3.67	3.70
Wieners, regular, 450 g	2.50	2.59	2.81
Poultry			
Chicken, grade A, whole fryers, lb.	2.38	2.98	3.28
Chicken Thighs, lb.	3.31	3.48	3.26
Chicken Drumsticks, lb.	3.05	3.24	3.05
Chicken Breasts, boneless, skinless, lb.	7.40	6.68	7.77
Chicken Wings, lb.	3.57	3.92	4.51
Fish			
Canned Salmon, sockeye, 213 g	3.84	3.93	3.50
Canned Tuna, flaked or chunk, in water, 170 g	1.59	1.43	1.47
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	4.31	5.31	3.63
Baked Beans, 398 ml	1.21	0.94	1.24
Cereal and Bakery Products			
Bread, 60% whole wheat or white, 570 g	1.28	1.72	1.76
Flour, all purpose, whole wheat or white, 5 kg	8.16	9.53	9.25
Dry Pasta, macaroni or spaghetti, enriched, 900 g	2.51	2.92	3.05
Rice, converted, natural long grain, 900 g	4.37	5.11	5.61
Dry Cereal, bran flakes, 475 g	3.58	3.31	3.99
Cookies, oatmeal, 350 g	3.54	3.75	3.48
Soda Crackers, whole wheat or 5 grain, 450 g	2.83	3.20	3.09

Average Retail Food Prices for Edmonton, Alberta - Week of November 24 to 28, 2008

Food Items by Category		November 8, 2007	June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes				
Oranges, medium, lb.		1.41	1.16	1.37
Orange Juice, frozen, 355 ml		1.90	2.10	1.94
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	1.96	3.27	3.04
Tomatoes, medium, lb.		1.74	1.43	2.38
Canned Tomatoes, 540 ml		1.71	1.73	1.69
Tomato Juice, (deposit included), 1.36 litre		2.18	2.26	1.97
Other Fruits				
Apples, lb.		1.32	1.48	1.13
Bananas, lb.		0.51	0.64	0.73
Applesauce, unsweetened, 625 ml		2.41	2.85	2.67
Potatoes				
Potatoes, white or red, 10 lbs.		3.74	4.81	5.10
Other Vegetables				
Broccoli, lb.		1.41	1.69	2.22
Cabbage, lb.		0.55	0.80	0.56
Carrots, lb.		0.62	0.75	0.75
Lettuce, head, lb.		1.30	1.29	1.17
Onions, lb.		0.64	0.63	0.73
Soup, vegetable, 284 ml		0.83	0.96	0.84
Infant Food, carrots, 128 ml		0.54	0.69	0.67
Canned Vegetables, corn, 341 ml		1.45	1.53	1.20
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	4.02	3.95	3.34
Fats & Oils				
Margarine, soft, canola, low in saturated fat, 907 g		4.36	3.87	4.83
Shortening, 454 g		2.40	2.65	2.61
Oil, canola, 946 ml		4.22	4.75	5.26
Salad Dressing, calorie reduced, 475 ml		3.11	2.58	3.70
Butter, parchment, 454 g		3.69	3.76	3.88
Sugar & Other Sweets				
Sugar, 4 kg		5.02	4.90	4.81
Jam, pure, strawberry, 500 ml		3.30	3.64	3.70
Honey, creamed, pasteurized, 500 g		4.52	4.59	4.99
Beverages				
Tea, 72 bags		4.67	4.88	5.00
Coffee, 326 - 350 g		5.18	4.98	5.58
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.61	1.86	1.72

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Red Deer, Alberta - Week of November 24 to 28, 2008

Food Items by Category	November 8, 2007	June 26, 2008	November 27, 2008
Dairy Products			
Milk, 1% partly skimmed, 2 litres	2.41	2.65	2.76
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.34	2.71	2.67
Cheddar Cheese, medium, 100 g	1.71	1.81	1.95
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.68	1.92	1.89
Processed Cheese, 500 g	4.93	5.18	5.26
Ice Cream, 4 litres	5.40	4.80	5.98
Eggs			
Eggs, grade A large, dozen	2.35	2.30	2.32
Beef			
Sirloin Steak, boneless, lb.	5.59	6.06	6.41
Round Steak, boneless, lb.	4.27	4.83	5.18
Standing Rib Roast, bone-in, lb.	7.62	8.63	8.95
Blade Roast, boneless, lb.	3.77	4.19	5.04
Stewing Beef, boneless, lb.	3.28	4.32	4.20
Ground Beef, lean, lb.	2.60	2.86	3.20
Pork & Processed Meats			
Pork Shoulder Butt Roast, boneless, lb.	2.51	3.25	3.46
Pork Loin Centre Cut Chops, bone-in, lb.	4.13	4.58	4.45
Pork Sausage, fresh, lb.	3.05	3.42	3.24
Bacon, 500 g	4.01	3.90	3.58
Wieners, regular, 450 g	2.83	2.94	2.75
Poultry			
Chicken, grade A, whole fryers, lb.	2.77	3.16	3.54
Chicken Thighs, lb.	2.69	3.20	3.31
Chicken Drumsticks, lb.	2.65	2.90	3.14
Chicken Breasts, boneless, skinless, lb.	6.79	6.34	8.33
Chicken Wings, lb.	3.56	3.59	4.08
Fish			
Canned Salmon, sockeye, 213 g	3.69	4.09	3.77
Canned Tuna, flaked or chunk, in water, 170 g	1.73	1.88	2.02
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.41	5.59	4.98
Baked Beans, 398 ml	1.27	0.99	1.28
Cereal and Bakery Products			
Bread, 60% whole wheat or white, 570 g	1.33	1.72	1.91
Flour, all purpose, whole wheat or white, 5 kg	8.24	9.68	9.09
Dry Pasta, macaroni or spaghetti, enriched, 900 g	2.70	3.72	3.07
Rice, converted, natural long grain, 900 g	4.44	5.61	5.58
Dry Cereal, bran flakes, 475 g	3.64	3.31	4.32
Cookies, oatmeal, 350 g	3.46	3.87	3.78
Soda Crackers, whole wheat or 5 grain, 450 g	2.94	3.56	3.18

Average Retail Food Prices for Red Deer, Alberta - Week of November 24 to 28, 2008

Food Items by Category		November 8, 2007	June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes				
Oranges, medium, lb.		1.37	1.28	1.68
Orange Juice, frozen, 355 ml		1.92	2.12	2.12
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	1.87	3.52	3.12
Tomatoes, medium, lb.		1.70	1.86	2.40
Canned Tomatoes, 540 ml		1.74	1.87	2.00
Tomato Juice, (deposit included), 1.36 litre		2.15	2.32	2.10
Other Fruits				
Apples, lb.		1.43	1.63	1.30
Bananas, lb.		0.55	0.68	0.75
Applesauce, unsweetened, 625 ml		2.26	2.96	2.87
Potatoes				
Potatoes, white or red, 10 lbs.		3.65	6.30	5.86
Other Vegetables				
Broccoli, lb.		1.63	1.76	2.28
Cabbage, lb.		0.63	0.88	0.59
Carrots, lb.		0.71	1.65	0.76
Lettuce, head, lb.		1.32	1.36	1.45
Onions, lb.		0.71	0.70	0.74
Soup, vegetable, 284 ml		0.89	0.99	0.84
Infant Food, carrots, 128 ml		0.64	0.75	0.58
Canned Vegetables, corn, 341 ml		1.41	1.61	1.53
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	4.22	4.33	3.43
Fats & Oils				
Margarine, soft, canola, low in saturated fat, 907 g		4.99	5.60	4.90
Shortening, 454 g		2.44	2.82	2.86
Oil, canola, 946 ml		4.61	5.04	5.14
Salad Dressing, calorie reduced, 475 ml		3.27	2.71	3.84
Butter, parchment, 454 g		3.60	3.74	3.53
Sugar & Other Sweets				
Sugar, 4 kg		5.16	4.96	5.17
Jam, pure, strawberry, 500 ml		3.38	4.41	3.76
Honey, creamed, pasteurized, 500 g		4.56	4.78	5.37
Beverages				
Tea, 72 bags		4.73	5.17	5.22
Coffee, 326 - 350 g		5.27	5.06	5.42
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.86	1.96	1.75

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Rocky Mountain House/Stettler, Alberta - Week of November 24 to 28, 2008

Food Items by Category	November 27, 2008
Dairy Products	
Milk, 1% partly skimmed, 2 litres	2.67
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.85
Cheddar Cheese, medium, 100 g	1.53
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.42
Processed Cheese, 500 g	5.40
Ice Cream, 4 litres	5.39
Eggs	
Eggs, grade A large, dozen	2.32
Beef	
Sirloin Steak, boneless, lb.	6.05
Round Steak, boneless, lb.	4.21
Standing Rib Roast, bone-in, lb.	7.91
Blade Roast, boneless, lb.	4.23
Stewing Beef, boneless, lb.	3.50
Ground Beef, lean, lb.	2.68
Pork & Processed Meats	
Pork Shoulder Butt Roast, boneless, lb.	3.09
Pork Loin Centre Cut Chops, bone-in, lb.	4.29
Pork Sausage, fresh, lb.	2.69
Bacon, 500 g	4.36
Wieners, regular, 450 g	2.72
Poultry	
Chicken, grade A, whole fryers, lb.	2.82
Chicken Thighs, lb.	2.76
Chicken Drumsticks, lb.	2.52
Chicken Breasts, boneless, skinless, lb.	6.95
Chicken Wings, lb.	3.69
Fish	
Canned Salmon, sockeye, 213 g	3.22
Canned Tuna, flaked or chunk, in water, 170 g	2.18
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	3.76
Baked Beans, 398 ml	1.04
Cereal and Bakery Products	
Bread, 60% whole wheat or white, 570 g	1.82
Flour, all purpose, whole wheat or white, 5 kg	9.72
Dry Pasta, macaroni or spaghetti, enriched, 900 g	3.15
Rice, converted, natural long grain, 900 g	5.86
Dry Cereal, bran flakes, 475 g	4.26
Cookies, oatmeal, 350 g	3.59
Soda Crackers, whole wheat or 5 grain, 500 g	3.33

Average Retail Food Prices for Rocky Mountain House/Stettler, Alberta - Week of November 24 to 28, 2008

Food Items by Category		November 27, 2008
Citrus Fruits & Tomatoes		
Oranges, medium, lb.		1.54
Orange Juice, frozen, 355 ml		1.98
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	3.25
Tomatoes, medium, lb.		2.23
Canned Tomatoes, 540 ml		1.91
Tomato Juice, 1.36 litre (deposit included)		2.24
Other Fruits		
Apples, lb.		1.64
Bananas, lb.		0.78
Applesauce, unsweetened, 625 ml		2.90
Potatoes		
Potatoes, white or red, 10 lbs.		5.38
Other Vegetables		
Broccoli, lb.		2.00
Cabbage, lb.		0.54
Carrots, lb.		0.85
Lettuce, head, lb.		1.41
Onions, lb.		0.64
Soup, vegetable, 284 ml		0.86
Infant Food, carrots, 128 ml		0.76
Canned Vegetables, corn, 341 ml		1.14
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	2.90
Fats & Oils		
Margarine, soft, canola, low in saturated fat, 907 g		5.32
Shortening, 454 g		2.78
Oil, canola, 946 ml		4.75
Salad Dressing, calorie reduced, 475 ml		3.55
Butter, parchment, 454 g		3.94
Sugar & Other Sweets		
Sugar, 4 kg		5.33
Jam, pure, strawberry, 500 ml		4.38
Honey, creamed, pasteurized, 500 g		5.08
Beverages		
Tea, 72 bags		4.98
Coffee, 326 - 350 g		5.18
Soft Drinks, 2 litre (GST, deposit & recycling fee included)		1.72

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for St. Albert, Alberta - Week of November 24 to 28, 2008

Food Items by Category	June 26, 2008	November 27, 2008
Dairy Products		
Milk, 1% partly skimmed, 2 litres	2.44	2.58
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.69	2.37
Cheddar Cheese, medium, 100 g	1.35	1.47
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.44	1.43
Processed Cheese, 500 g	4.89	4.97
Ice Cream, 4 litres	4.99	5.46
Eggs		
Eggs, grade A large, dozen	2.18	2.25
Beef		
Sirloin Steak, boneless, lb.	5.67	6.09
Round Steak, boneless, lb.	4.17	4.48
Standing Rib Roast, bone-in, lb.	8.04	8.53
Blade Roast, boneless, lb.	3.81	4.44
Stewing Beef, boneless, lb.	4.08	4.17
Ground Beef, lean, lb.	3.07	3.08
Pork & Processed Meats		
Pork Shoulder Butt Roast, boneless, lb.	3.55	3.93
Pork Loin Centre Cut Chops, bone-in, lb.	3.98	4.19
Pork Sausage, fresh, lb.	3.04	3.07
Bacon, 500 g	3.62	3.68
Wieners, regular, 450 g	2.70	2.87
Poultry		
Chicken, grade A, whole fryers, lb.	3.03	3.29
Chicken Thighs, lb.	3.49	3.11
Chicken Drumsticks, lb.	3.26	2.91
Chicken Breasts, boneless, skinless, lb.	6.93	7.63
Chicken Wings, lb.	3.88	4.39
Fish		
Canned Salmon, sockeye, 213 g	3.68	3.29
Canned Tuna, flaked or chunk, in water, 170 g	1.30	1.47
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	5.18	3.78
Baked Beans, 398 ml	0.93	1.17
Cereal and Bakery Products		
Bread, 60% whole wheat or white, 570 g	1.73	1.72
Flour, all purpose, whole wheat or white, 5 kg	9.48	9.22
Dry Pasta, macaroni or spaghetti, enriched, 900 g	2.86	2.96
Rice, converted, natural long grain, 900 g	4.96	5.45
Dry Cereal, bran flakes, 475 g	3.34	3.99
Cookies, oatmeal, 350 g	3.61	3.43
Soda Crackers, whole wheat or 5 grain, 450 g	3.07	3.02

Average Retail Food Prices for St. Albert, Alberta - Week of November 24 to 28, 2008

Food Items by Category		June 26, 2008	November 27, 2008
Citrus Fruits & Tomatoes			
Oranges, medium, lb.		1.11	1.22
Orange Juice, frozen, 355 ml		1.95	1.79
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	3.27	3.07
Tomatoes, medium, lb.		1.44	2.31
Canned Tomatoes, 540 ml		1.67	1.54
Tomato Juice, (deposit included), 1.36 litre		2.15	1.90
Other Fruits			
Apples, lb.		1.42	1.21
Bananas, lb.		0.62	0.71
Applesauce, unsweetened, 625 ml		2.83	2.62
Potatoes			
Potatoes, white or red, 10 lbs.		4.36	4.91
Other Vegetables			
Broccoli, lb.		1.56	2.10
Cabbage, lb.		0.76	0.56
Carrots, lb.		0.74	0.73
Lettuce, head, lb.		1.40	1.04
Onions, lb.		0.62	0.71
Soup, vegetable, 284 ml		0.93	0.81
Infant Food, carrots, 128 ml		0.64	0.62
Canned Vegetables, corn, 341 ml		1.46	1.22
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	3.70	3.31
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g		3.99	4.88
Shortening, 454 g		2.60	2.49
Oil, canola, 946 ml		4.47	5.09
Salad Dressing, calorie reduced, 475 ml		2.48	3.59
Butter, parchment, 454 g		3.73	3.80
Sugar & Other Sweets			
Sugar, 4 kg		4.67	4.62
Jam, pure, strawberry, 500 ml		3.52	3.70
Honey, creamed, pasteurized, 500 g		4.42	4.76
Beverages			
Tea, 72 bags		4.63	4.78
Coffee, 326 - 350 g		4.94	5.51
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.84	1.62

(1) Package size changed June 2008

(2) Package size changed November 2008

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Average Retail Food Prices for Wetaskiwin, Alberta - Week of November 24 to 28, 2008

Food Items by Category	November 8, 2007	November 27, 2008
Dairy Products		
Milk, 1% partly skimmed, 2 litres	2.39	2.64
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.66	2.58
Cheddar Cheese, medium, 100 g	1.77	1.75
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.74	1.65
Processed Cheese, 500 g	5.15	5.18
Ice Cream, 4 litres	5.41	5.14
Eggs		
Eggs, grade A large, dozen	2.02	2.25
Beef		
Sirloin Steak, boneless, lb.	5.47	6.26
Round Steak, boneless, lb.	4.19	3.88
Standing Rib Roast, bone-in, lb.	7.80	7.67
Blade Roast, boneless, lb.	3.25	4.77
Stewing Beef, boneless, lb.	3.24	3.66
Ground Beef, lean, lb.	2.58	3.04
Pork & Processed Meats		
Pork Shoulder Butt Roast, boneless, lb.	3.23	3.11
Pork Loin Centre Cut Chops, bone-in, lb.	4.02	4.45
Pork Sausage, fresh, lb.	3.07	3.17
Bacon, 500 g	4.11	3.76
Wieners, regular, 450 g	2.94	2.60
Poultry		
Chicken, grade A, whole fryers, lb.	2.70	3.33
Chicken Thighs, lb.	3.12	2.82
Chicken Drumsticks, lb.	2.36	2.99
Chicken Breasts, boneless, skinless, lb.	6.80	7.33
Chicken Wings, lb.	3.73	4.09
Fish		
Canned Salmon, sockeye, 213 g	3.27	3.98
Canned Tuna, flaked or chunk, in water, 170 g	1.69	1.33
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	4.14	3.07
Baked Beans, 398 ml	1.15	1.22
Cereal and Bakery Products		
Bread, 60% whole wheat or white, 570 g	1.49	2.55
Flour, all purpose, whole wheat or white, 5 kg	8.23	8.91
Dry Pasta, macaroni or spaghetti, enriched, 900 g	2.69	3.05
Rice, converted, natural long grain, 900 g	4.54	5.66
Dry Cereal, bran flakes, 475 g	3.92	4.13
Cookies, oatmeal, 350 g	3.46	3.91
Soda Crackers, whole wheat or 5 grain, 450 g	2.89	3.09

Average Retail Food Prices for Wetaskiwin, Alberta - Week of November 24 to 28, 2008

Food Items by Category		November 8, 2007	November 27, 2008
Citrus Fruits & Tomatoes			
Oranges, medium, lb.		1.28	1.62
Orange Juice, frozen, 355 ml		2.12	1.95
Apple Juice, unsweetened, (deposit & recycling fee included), 1.36 litre (changed from 1 litre to 1.36 litre)	(1)	1.99	3.03
Tomatoes, medium, lb.		1.72	2.38
Canned Tomatoes, 540 ml		1.86	2.09
Tomato Juice, (deposit included), 1.36 litre		2.10	1.95
Other Fruits			
Apples, lb.		1.25	1.32
Bananas, lb.		0.57	0.74
Applesauce, unsweetened, 625 ml		2.58	2.87
Potatoes			
Potatoes, white or red, 10 lbs.		2.90	4.66
Other Vegetables			
Broccoli, lb.		1.50	2.12
Cabbage, lb.		0.52	0.69
Carrots, lb.		0.61	0.83
Lettuce, head, lb.		1.15	1.33
Onions, lb.		0.58	0.66
Soup, vegetable, 284 ml		0.98	1.02
Infant Food, carrots, 128 ml		0.62	0.75
Canned Vegetables, corn, 341 ml		1.45	1.07
Frozen Vegetables, peas, 750 g (changed from 1 kg to 750 g)	(2)	4.04	2.94
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g		4.45	4.67
Shortening, 454 g		2.52	2.79
Oil, canola, 946 ml		4.35	4.86
Salad Dressing, calorie reduced, 475 ml		3.39	3.55
Butter, parchment, 454 g		3.69	3.88
Sugar & Other Sweets			
Sugar, 4 kg		5.15	5.15
Jam, pure, strawberry, 500 ml		3.82	3.65
Honey, creamed, pasteurized, 500 g		4.94	5.29
Beverages			
Tea, 72 bags		4.79	5.19
Coffee, 326 - 350 g		5.08	5.55
Soft Drinks, (GST, deposit & recycling fee included), 2 litre		1.74	2.01

(1) Package size changed June 2008

(2) Package size changed November 2008

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